5 Smartest Things You can do for a Healthy Year

Building Healthy Companies...One Employee at a Time
Your Wellness Program
Partners

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Kent State Departments
Health Promotion
Recreational Services
Nutrition and Dietetics
Human Resources
Be Well Solutions

Physician owned and operated.

Staffed by professionals experienced in patient care, behavioral change and education and concerned about helping you.

Fully HIPAA compliant

Mission: bring prevention through wellness services to business with face-to-face helping relationships.
More Information Through Be Well Solutions

www.bewelldata.com

- Speak to a Health Coach, Registered Dietitian or Diabetic Nurse Educator
- Contact any of our Health Professionals for follow up information
Five Smartest Things You Can Do
Let’s Start Simple

Today’s Lecture is brought to you by the letter E and the number 5
5 Smartest Things

1. Evaluation – Know Where You Stand
2. Exercise Properly – How and How Much
3. Eating Smart – Basic Strategies
4. Emotional Balance and Proper Sleep
5. Eliminate or Avoid Tobacco/Nicotine Products
Number 1 - Evaluate Your Current Status

Quantify and Record Your Present Health Status
Why take a look..

There are a number of conditions that proceed silently for years

- High Cholesterol
- High Blood Pressure
- Elevated Blood Sugar
- Osteoporosis
- Glaucoma
- Weight issues
Your Vital Statistics

Inventory of Lifestyle and Situation
- Nutrition and Weight
- Smoking/Tobacco
- Family History

Health Measurements, Prevention and Screening
- Fitness
- Current Medical Condition
- Preventative Measures
  - Immunizations
  - Disease Screening Tests
    - Cancer Screens
    - Glaucoma Screens
    - Dental
What to do with the info

Review your results with your doctor

• Understand conditions you didn’t know about previously.
  • Identify “red flags”.
  • Establish a starting point for healthy changes.
    • Set meaningful goals
    • Develop a Personal Action Plan
Cornerstone of The Affordable Care Act

Annual Preventive Care Exams
Tips for Understanding Your Health Status

- Know your numbers
  - Body Mass Index
  - Blood Pressure
  - Blood Sugar
  - Cholesterol

- Learn about proper screening exams
  - Cancer
  - Glaucoma
  - Dental Checkup
  - Immunizations

- Be an Informed Health Consumer
Become an Informed Health Care Consumer

- Pick your doctor

- Plan doctor visits wisely
  - Decide what you want to accomplish
  - Ask questions with confidence
  - Take part in decisions
  - Ask for a summary
  - Ask for resources

- Take charge of your medical records and health care decisions
Number 2
Exercise Every Day
Exercise is a Necessity

About 170 million Americans don’t get enough healthy physical activity on a daily basis.

Make exercise a priority....
Why You Should...

Exercise counts **the most** toward good health

- Living longer and better
- Protects you from dozens of serious illnesses
  - Heart Disease/High Blood Pressure
  - Type II Diabetes
  - Stroke
  - Certain Cancers
  - Osteoporosis
  - Falls
  - Depression and Anxiety
  - Impotence
  - Alzheimer’s Disease
Not being active damages your heart and other major organs—cutting your life short.

- Fat accumulates
  - Makes it harder to lose weight
- Bones shrink and get weak
- Our ability to recover from injuries diminishes
Exercise

Say “Yes” to:

- Strength Training 2-3 Times per Week
- Aerobic Exercise every day
  - 30 minutes total at 80% of maximum heart rate (maximum heart rate is equal to 220 less your age)
  - Breaking up exercise into short bursts of activity throughout the day strengthens the heart just as well as one long workout.
- Flexibility Training
- Variety in your exercise program
Remember F-I-T

F-frequency (how often)
I-intensity (how hard)
T-time (how long)
Tips for Beginning

✓ Exercise Caution: If you’re out of shape or have certain health conditions, talk to your doctor about how (not if) to begin.

✓ Keep it Simple – what works for YOU?
  ✓ Join a gym
  ✓ Take a class
  ✓ Get a partner
  ✓ Get a pedometer
  ✓ Get a dog
  ✓ Develop an action plan
Number 3
Eat Smart
Fast lifestyles demand fast food

The perception of value depends on portion size

Spending on fast food has increased exponentially in recent years.

The fast food industry is growing at an alarming rate.
Why You Should...

Poor nutritional habits increase risk for

- Adult onset Diabetes
- Cancer
- Heart disease
- Stroke
- Alzheimer’s Disease

- Obesity and being overweight cause 300,000 premature deaths annually.
Pile on the Fruits and Vegetables

Vegetables
- Vary Colors
- Concentrate on vegetables grown above the ground

and Fruits
- Berries
- Apples
- Wash thoroughly
Avoid Bad Carbohydrates

Stay away from Sugars and Refined Grains:

**Sugar**
- Corn syrup
- Cornstarch
- High-fructose corn syrup
- Fruit Juice Concentrate
- Maltose
- Dextrose
- Honey
- Maple Syrup
- Brown Sugar

**Refined Grains**
- White Bread
- White Rice
- White Pasta
- White Cereals
Look for Healthy Sources of Protein

Healthy Sources:
- Beans, Legumes
- Raw seeds
- Raw nuts
- Organic Eggs
- Cold and deep water fish
- Lean animal meats

Unhealthy Sources:
- Protein from processed, cured, smoked or dried meats
- Protein from scavengers such as pork, shellfish, shrimp, lobster, crab and clams.
- Protein from meat and dairy products including milk and cheese.
Understand Fat as a Part of Your Diet

Healthy Fats
- Cold Water Fish
- Flax seed, raw sunflower and pumpkin seeds
- Eggs – organic
- Plant based butter substitutes and real butter in moderation
- Saturated fat from Lean/Organic Animal Products

Avoid
- Trans Fats = “Hydrogenated or Partially Hydrogenated Oils”
- Saturated fats from many animal sources
- Powdered Coffee Creamers
Nutrition Strategies

Tips for Eating Right:
- Understand calories
- Read food labels and ingredient lists
- Cook at home
- Eat slowly and stop when 70% full
- Walk after eating
- Make good choices at restaurants and work most of the time

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 cup (228g)</th>
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<tr>
<td>Servings Per Container</td>
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<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
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<tr>
<td></td>
<td>250</td>
<td>110</td>
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</table>

<table>
<thead>
<tr>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 12g</td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
</tr>
<tr>
<td>Trans Fat 3g</td>
</tr>
<tr>
<td>Cholesterol 30mg</td>
</tr>
<tr>
<td>Sodium 470mg</td>
</tr>
<tr>
<td>Total Carbohydrate 31g</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
</tr>
<tr>
<td>Sugars 5g</td>
</tr>
<tr>
<td>Protein 5g</td>
</tr>
</tbody>
</table>

| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium   | 20%|
| Iron      | 4% |
Fiber Is Essential...

- Eat whole fruits instead of drinking fruit juices.
- Replace white rice, bread, and pasta with brown rice and whole-grain products.
- Choose whole-grain cereals for breakfast.
- Snack on raw vegetables instead of chips, crackers, or chocolate bars.
- Substitute legumes for meat two to three times per week in chili and soups.
- Experiment with international dishes that use whole grains and legumes as part of the main meal or in salads.

Tips For Nutrition

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Number 4

Emotional Balance
Why You Should...

Unmanaged stress has been linked to the nation’s two leading causes of death—heart disease and cancer.

- **Heart disease**
  - Stress is a potent trigger of heart disease. Stress puts as much strain on the heart as elevated blood pressure.

- **Cancer**
  - Some studies indicate an increased incidence of early death, including cancer death, among people who have experienced major life stress factors.
Managing stress will help...

- Improve how your immune system functions.
- Increase your energy level.
- Improve your confidence, ability to make decisions and quality of life.
- Improve the quality of your sleep.
- Keeps you calm when the going gets tough.
- Allows you to be on your game—more focused, more positive.
Conditions related to excess sympathetic outflow

- Depression/Anxiety Disorders
- Suicide
- High Blood Pressure
- Migraine headaches
- Digestive problems
- Lung ailments
- Sleep Disorders
- Back Pain

Sympathetic

Parasympathetic
Symptoms of Unmanaged Stress

- Headaches
- Stomach Problems
- Anger
- Depression
- Guilt
- Hopelessness
- Overeating
- Alcohol Abuse
- Exhaustion
- Sleeplessness
- Impatience
- Smoking
Stress Reduction

Find Relaxation Techniques that Work for You

- Meditation
- Breath work
- Progressive relaxation
- Yoga
- Visualization
- Exercise

“You’re getting pretty good at this stress management thing.”
Stress Reduction

- Being Social/Spiritual
- Time Management
- Proactive Problem Solving
- Music
- Pets
Stress Reduction

Avoid

- Drugs and Alcohol
- Ignoring Problems
- Unhealthy Coping Mechanisms
- Chronic Medication without lifestyle changes
www.myimpactsolution.com

- Speak with a qualified professional about a host of issues.
  - 24/7
  - Confidential
  - Effective
Number 5

Eliminate Tobacco Products
Why You Should Be Concerned

Smoking causes death
- The adverse health effects from cigarette smoking account for an estimated 443,000 deaths, or nearly one of every five deaths, each year in the United States.\textsuperscript{2,3}
- More deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.\textsuperscript{2,4}

Smoking makes you and those around you sick
- Heart disease increased by 2 to 4 times,\textsuperscript{1,5}
- Stroke increased by 2 to 4 times,\textsuperscript{1,6}
- Lung cancer increased by 13-23 times,
- Lung Diseases (such as chronic bronchitis and emphysema) by 12 to 13 times.\textsuperscript{1}
Smokeless is Not Safe

Smokeless Tobacco Causes Cancer

- Esophageal cancer
- Oral cancers including cancers of your mouth, throat, cheek, gums, lips and tongue
- Pancreatic cancer
- Renal (kidney) cancer

Smokeless Tobacco Causes Heart Disease

Smokeless Tobacco is Addictive
E-Cigarettes

Stay Away – Addictive and Dangerous

Selling a Poison by the Barrel: Liquid Nicotine for E-Cigarettes

By MATT RICHTEL   MARCH 23, 2014

A dangerous new form of a powerful stimulant is hitting markets nationwide, for sale by the vial, the gallon and even the barrel.

The drug is nicotine, in its potent, liquid form — extracted from tobacco and tinctured with a cocktail of flavorings, colorings and assorted chemicals to feed the fast-growing electronic cigarette industry.

These “e-liquids,” the key ingredients in e-cigarettes, are powerful neurotoxins. Tiny amounts, whether ingested or absorbed through the skin, can cause vomiting and seizures and even be lethal. A teaspoon of even highly diluted e-liquid can kill a small child.

But, like e-cigarettes, e-liquids are not regulated by federal authorities. They are mixed on factory floors and in the back rooms of shops, and sold legally in stores and online in small bottles that are kept casually around the house for regular refilling of e-cigarettes.

Evidence of the potential dangers is already emerging. Toxicologists warn that e-liquids pose a significant risk to public health, particularly to children, who may be drawn to their bright colors and fragrant flavorings.

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Quitting is Possible

Nicotine addiction is one of the most difficult to overcome...but it is possible.
<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 minutes</td>
<td>The pulse and blood pressure return to normal</td>
</tr>
<tr>
<td>8 hours</td>
<td>Oxygen levels return to normal</td>
</tr>
<tr>
<td>24 hours</td>
<td>All carbon monoxide is eliminated; the lungs start to clear mucus</td>
</tr>
<tr>
<td>48 hours</td>
<td>Nicotine is eliminated</td>
</tr>
<tr>
<td>72 hours</td>
<td>The bronchial tubes relax and breathing becomes easier</td>
</tr>
<tr>
<td>2-12 months</td>
<td>The circulation improves</td>
</tr>
<tr>
<td>3-9 months</td>
<td>Lung function increases by 5 - 10%</td>
</tr>
<tr>
<td>5 years</td>
<td>Risk of lung cancer decreases</td>
</tr>
<tr>
<td>10-15 years</td>
<td>Risk of lung cancer decreases to that of a non-smoker</td>
</tr>
</tbody>
</table>
Quitting Resources

Quitlines

● Be Well Solutions Telephonic Smoking Cessation 1-888-WEL-SERV

● Impact Employee Assistance
Final Review – The 5 E’s

1. Evaluate Your Current Health Status

2. Exercise Every Day

3. Eat Right Most of the Time

4. Emotional Balance

5. Eliminate Nicotine and Tobacco
Questions/Comments